

News Advisory



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Veteran's Day 2010

“A Place for Healing” – California State Parks to Dedicate Bay Area Overlook to Veterans

Who would have thought that nature could provide a healing experience for America's Veterans who have suffered wounds of the body, mind and spirit?

In recent years, various studies have indicated that veterans suffering from nightmares, anxiety, anger, depression and other ailments associated with post-traumatic stress disorder (PTSD), have been helped by an immersion into the calming effects of nature.

“We ask a tremendous amount from our Veterans and we must care for them in their time of need,” said Ruth Coleman, director of California State Parks. “We at State Parks have some of the most beautiful natural places in the world and we wish to invite all veterans to take advantage of the healing that can come from these special places.”

Who: Ruth Coleman, Director, California State Parks
J.P. Tremblay, Deputy Secretary, California Department of Veterans Affairs

What: Dedication of an overlook site at the top of Mt. Tamalpais for all veterans as a place of healing and reflection, with the installation of a plaque in honor of veterans on a bench overlooking the forest and Pacific Ocean.

When: Veteran's Day -- Thursday, November 11, 2010 – 1 p.m.

Where: Mt. Tamalpais State Park, Marin County – On Highway 101, whether from the North or South, take the Highway 1, Stinson Beach exit and follow Stinson Beach signs on Highway 1 to East entrance to park and go right on Panoramic Highway. Stay on Panoramic Highway for about 8 miles to Pantoll Ranger Station and park in lot adjacent to station. Take the Old Mine Trail to the Bench overlook and you are there. Call Roy's cell if you get lost. See above.

California State Parks has a [Distinguished Veteran Pass](#), which has no fee and is lifetime. It is presented to all honorably discharged war veterans who are residents of California with a 50% or more service-connected disability, or were held as prisoners of war, or recipients of the Congressional Medal of Honor. The State parks web site – <http://www.parks.ca.gov> – has information and the application form for all who are eligible.

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